Special prices for fruits, vegetables, low-fat dairy, and whole grain items to keep your family healthy.

Visit Super 1 Foods to see what healthy foods are discounted today!
305 West Kathleen, Coeur d’Alene, ID 83815

- Receive a $1.00 reward when you purchase any of the healthy food items on special.
- Receive a $5.00 reward when you purchase ALL 4 items.

Rewards can be used towards a future purchase of Change for Change items at Super 1 Foods. Rewards are valid 14 days after purchase. Total store purchase must be at least $25.00 to participate.
Fresh Watermelon and Arugula Salad

**INGREDIENTS:**
1/2 pound fresh arugula
2 pounds watermelon, (3 pounds with rind)
1/3 Cup extra virgin olive oil
1/4 Cup freshly squeezed lemon juice (2 lemons)
1/2 teaspoon black pepper
1/4 Cup slivered unsalted almonds
3 Tablespoons parmesan cheese

Makes 6 servings.
ALWAYS WASH HANDS BEFORE PREPARING FOOD!

Directions:
1. Wash the arugula and strain in a colander. Wash the watermelon, cut off rind, and dice flesh into 3/4-inch cubes. Place both in large bowl.
2. Whisk the oil, lemon juice, and pepper together. Pour over arugula and watermelon. Toss well to combine.
3. Sprinkle almonds and parmesan over salad, and serve immediately. Enjoy!